

Healing Hearts Grief Support Group Agreement

Creating a safe space is about coming together as a community, sharing our individual journeys, being mutually supportive, and allowing participants a place to safely express the wide range of emotions that accompany grief. With that in mind, we ask that members of Healing Hearts Grief Support Group adhere to the following guidelines:

- Respect—Give undivided attention to the person who has the floor while they are talking.
- Confidentiality—Due to the sensitive nature of this group, privacy and confidentiality will be of the utmost concern. Therefore, it is required that any and all information presented within the group, whether by the group leader or group member is not to be discussed outside of the group setting with anyone for any reason.
- Right to pass—It is always okay to pass (meaning "I'd rather not" or "I don't want to answer"). No member will be forced to discuss something they are uncomfortable with.
- Nonjudgmental approach—We can disagree with another person's point of view without putting that person down. Disagreements will occur and may be addressed within the group; however courtesy and respect will be maintained at all times. We will not judge people in the way they express their own personal grief even if it is different from our own expression.

Support group participation can produce a wide-range of positive and negative emotions which may make you uncomfortable or may impact your relationships with others. Feel free to discuss these emotions with the group, keeping in mind this is an informal group specifically addressing grief and loss issues only and will not address other psychological disorders. Therefore, it is not intended to replace therapy modalities including individual or family therapy.

I, _____, have read the above information and agree to the guidelines set forth.

Signature _____ Date _____